



*Racer Ready for Life*

The update below contains important information about the start up of the 2020-2021 academic year.

### **Plan A – Saas Fee in August**

Saas Fee Summer Camp, scheduled for a departure from Canada on August 24th, and the way we would typically kick off our academic year, is no longer an option that we are considering at this time given the ongoing travel and insurance factors. We continue to consider **Plan B** and **Plan C** as options.

A reminder that **Plan B** has a European location October training camp while **Plan C** is our Canada-only fall camp option. At this time, we feel both of these plans remain viable options and we will be able to better assess the safety and feasibility of both plans over the coming couple of months. We have begun to pay fully refundable deposits for several locations which will allow our teams to have access to the best options for on-snow training.

As of now, despite the fact that some of the European glaciers have reopened, the travel restrictions in place in Canada and abroad, as well as the unknowns of how the virus will continue its development over the next few months after the re-opening of activities makes the decision of postponing the most logical and safest one for our community at this time. We continue to be positioned to have considerable time on snow time from now through the beginning of the winter season and we will assess at best of our abilities keeping in mind safety, athletic progression and periodization and the quality of the training venues.

### **Dryland and Conditioning**

We are now looking at two full months of time before the group will be back at the NSA. Chad and Courtney are working on a specific program in order to capitalize this time and build Strength, Cardio and Agility. A program will be delivered to all student athletes the week of July 6th, and sessions will start as early as the end of next week.

Most of the program will be delivered remotely; individual sessions via Zoom will be scheduled periodically in order to touch base with the groups to ensure student athletes are all making gains, and to monitor progress.

### **AOA/FIS Registration**

FIS and AOA Registration is now open. Please note that Alpine Ontario's registration platform is new this spring. Cindy has sent out the individual links to most families along with registration information. If your family has not yet received a link from Cindy, it will be forthcoming early next week – we are waiting on Alpine Ontario to provide support in this area. If you have received



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your link and are having trouble registering, please connect directly with AOA's Competition Manager, Robyn Skinner [rskinner@alpineontario.ca](mailto:rskinner@alpineontario.ca)

Although the ski season is still quite a few months away, every member must register with AOA in order to participate to the NSA dryland training activities on and off snow. (Please note that international FIS athletes are excluded as they have to register with their National Ski Association; we will be registering international U16 athletes shortly.) Please register by Tuesday, July 7th, 2020.

### **Quad 1 Information and Dates**

Teachers will be communicating with their classes, with a copy to parents, at some point next week to introduce themselves, and they may provide information on novels, independent study reading, as well as other preparatory work to be completed prior to the beginning of the academic block. Please do ensure that your child has received this information and dedicates a few hours each week to reading and the other independent tasks prior to the first day of classes. Here is the schedule for August/September:

- August 15/16 – International student athletes arrive in Canada and quarantine at the NSA (\*if entry to Canada is permitted with study permits)
- August 17 – classes begin online for everyone
- August 30 – move-in day for all NSA boarding student athletes
- August 31 – September 4 – face-to-face classes at the NSA (\*\*)
- September 4 – exam day
- September 5 – 7 – Labour Day Weekend
- September 8 – First day of Quad 2 classes (\*\*\*)

(\*\*) should face-to-face classes not be permitted under government orders, we will complete Quad 1 online the week of August 31 – September 4

(\*\*\*) should face-to-face classes not be permitted under government orders, we will begin Quad 2 online as we did for Quad 4 of the 2019-20 academic year

- Grade 9 and 10 student athletes will all be enrolled in Core French – FSF1D or FSF2D – with Mme. Harvey.
- Grade 11 student athletes will be taking English, ENG3U, with Ms. Cann.
- Grade 12 student athletes will be taking English, ENG4U, with Mrs. Wilkinson.

This year, all NSA student athletes will be provided with an NSA email address. This will allow access to Office 365 and the Microsoft suite of tools (i.e. Word, PowerPoint, Excel); our teachers will be moving to the use of Microsoft Teams so that there is one consistent remote



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learning platform for all courses. I will be sending out individual emails to all student athletes over the weekend with instructions on accessing your new NSA email address.

#### **Student Residence Information**

The house and kitchen staff met this week to review provincial and federal guidelines surrounding the reopening of school settings. We have also examined promising practices for boarding schools from other countries. These policy documents, as well as our own risk assessments, will help to inform the strategies we employ to support a safe reopening of our boarding facilities. More specific information about the changes in expectations to the boarding facility will be released closer to our scheduled move-in day: August 30th. It is possible that we will not be in a position to open the residence at that time, in which case, Quad 1 classes will continue to be delivered online and no residence fee will be invoiced on September 1st. In the meantime, parents can help to support the school through open dialogues with your children about the importance of hand hygiene, continuing to be vigilant about physical distancing, wearing a non-medical mask or face covering in public areas, and staying home when feeling unwell.

Questions of an athletic nature? Please connect directly with Sami Piana.

Questions of a financial nature? Please connect directly with Carol Tolles.

Questions about AOA registration? Please connect directly with Robyn Skinner at AOA:  
rskinner@alpineontario.ca

Questions about Quad 1 curriculum? Please connect directly with your child's teacher after they have sent their initial welcome email next week.

Other questions? Please do reach out to me!

The building is technically still closed under the provincial emergency orders and our staff will continue to work remotely until told otherwise by the provincial government. Email is the best way to connect with an NSA staff member at this time. Please do note that we will all be taking some personal/holiday time throughout the coming weeks and will have out-of-office replies in place during these times.

Keep well,

Tobin Walsh  
Head of School